bryton®

Rider 310

User's Manual

Speed

28.5 km h

RTime
36:28

Dist.
17.5 km

LAP ● OK

■ / ❚❚ BACK

▼ PAGE

Rider 310

Table of Contents

⚠️WARNING

Always consult your physician before you begin or modify any training program. Please read the details in Warranty and Safety Information guide in the package.

Download Bryton App

Scan below QR code to download Bryton App or you can go to Google Play for android/App Store for iOS to search Bryton App and download it. After pairing your device with Bryton mobile app and with Bluetooth connection, your Rider computer automatically uploads recorded tracks.

Note：Please refer to page 9: Sync Data to Bryton App to learn more.

http://download.brytonsport.com/inst.html

Video Tutorial

For a step-by-step demonstration of device and Bryton Mobile App, please scan below QR code to check Bryton Video Tutorials.

https://www.youtube.com/playlist?list=PLQuQd-qebKlJhMATIefVMdecblWZtGmXf

Getting Started

This section will guide you on the basic preparations before you start using your Rider 310. Rider 310 is equipped with barometer which shows the real time altitude.

NOTE: To adjust the altitude settings on Rider 310, refer to .

Your Rider 310

1 BACK (■/‖ BACK)

- Press and hold to turn the device off.
- Press to return to the previous page or cancel an operation.
- When recording, press to pause recording. Press it again to stop recording.

2 LAP/OK (LAP● OK)

- Press to turn the device on.
- In Menu, press to enter or confirm a selection.
- In free cycling, press to start recording.
- When recording, press to mark the lap.

3 PAGE (▼ PAGE)

- In Menu, press to move down to scroll through menu options.
- In Meter view, press to switch meter screen page.

Accessories

The Rider 310 comes with the following accessories:

- USB cable
- Bike mount

Optional items:
- Smart Heart Rate Sensor
- Smart Speed Sensor
- Smart Cadence Sensor
- Smart Speed/Cadence Dual Sensor
- F-Mount

Status Icons

Icon	Description
Bike Type	
1🚲	Bike 1
2🚲	Bike 2
GPS Signal Status	
📡×/- - -	No signal (not fixed)
📡	Weak signal
📡	Strong signal
Power Status	
🔋	Full battery
🔋/🔋	Half battery
🔋	Low battery

Icon	Description
♥	Heart Rate Sensor Active
◎	Cadence Sensor Active
⌚	Speed Sensor Active
(◎)	Dual Sensor Active
ⓘ	Notification
⊛	Log Record in Progress
‖	Recording is paused
✳	Bluetooth function is enabled
▲/▼	Current speed is faster/slower than average speed.

NOTE: Only the active icons are displayed on the screen. Some icons may only apply to certain models

Step 1: Charge your Rider 310

Connect Rider 310 to a PC to charge the battery for at least 4 hours.
Unplug the device when it is fully charged.

• You may see a white screen when the battery is really low. Keep the device plugged for
  several minutes, it will automatically turn-on after battery is properly charged.

• The temperature suitable for charging battery is 0°C ~ 40°C. Beyond this temperature range,
  charging will be terminated and the device will draw power from battery.
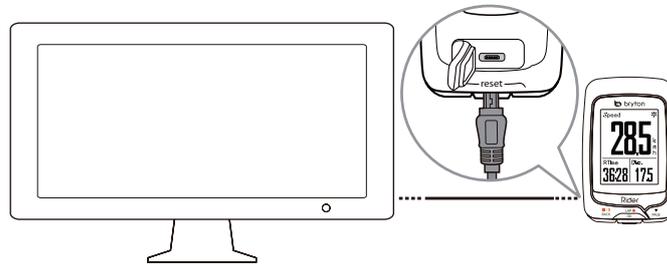
Step 2: Turn On Rider 310

Press $\overset{LAP \bullet}{OK}$ to turn on the device.

Step 3: Initial Setup

When turning Rider 310 on for the first time, the setup wizard appears on screen. Follow the
instructions to complete setup.

1. Select the display language.

2. Select the unit of measurement.

NOTE: Only when you choose English for the display language, you will need to select the
unit of measurement. Otherwise, default would be metric unit.

Step 4: Acquire Satellite Signals

Once the Rider 310 is turned on, it will automatically search for satellite signals. It may take 30 to 60 seconds to acquire signals. Please make sure you acquire the satellite signal for the first time use.

The GPS signal icon (/) appears when GPS is fixed.

• If the GPS signal is not fixed, an icon appears on the screen.

• Please avoid the obstructed environments since they might affect the GPS reception.

Tunnels	Inside rooms, building, or underground	Under water	High-voltage wires or television towers	Construction sites and heavy traffic

NOTE: To improve the GPS accuracy, you can set 1 sec mode as your recording frequency (page 21) and update GPS regularly by using Bryton Update Tool (page 8) or using Data Sync function (page 9) to update GPS data.

Step 5: Ride Your Bike with Rider 310

• **Free ride:**

In meter view, measurement starts and stops automatically in sync with the movement of the bicycle.

• **Start an exercise and record your data:**

In meter view, press ᴸᴬᴾ●/OK to start recording, press ■/‖ BACK to pause, press ■/‖ BACK again to stop.

NOTE: If you continue to proceed without pressing ᴸᴬᴾ●/OK to record, Rider 310 would pop up a reminder to ask you to record when motion of bike is detected. To set the frequency of start reminder, please go to page 30.

• **Start a training:**

Select **Train** from the menu list. Training can be based on time, distance, calories burn, or the saved workouts.

Reset Rider 310

To reset the Rider 310, long press all three keys (■/‖ BACK / ᴸᴬᴾ●/OK / ▼PAGE) at the same time.

Download Bryton Update Tool

NOTE: Bryton Update Tool can notify you if a new software version or GPS data is available. The newer GPS data can speed up the GPS acquisition. We highly recommend you to check for updates every 1-2 weeks.

1. Go to http://www.brytonsport.com/#/supportResult?tag=BrytonTool and download Bryton Update Tool.

2. Follow the on-screen instructions to install Bryton Update Tool.

Share Your Records

Share Your Tracks to Brytonactive.com

1. **Sign up Brytonactive.com**

   a. Go to https://active.brytonsport.com.

   b. Register a new account.

2. **Connect to PC**

   Turn on your Rider 310 and connect it to your computer by USB cable.

3. **Share Your Records**

   a. Click "+" on the right upper corner.

   b. Drop FIT,BDX,GPX file(s) here or Click "Select files" to upload tracks.

   c. Click "Activities" to check uploaded tracks.

Share Your Tracks to Strava.com

1. **Sign up/log in on Strava.com**

   a. Go to https://www.strava.com

   b. Register a new account or use your current Strava account to log in.

2. **Connect to PC**

   Turn on your Rider 310 and connect it to your computer by USB cable.

3. **Share Your Records**

   a. Click "+" on the top right corner of Strava page and then click "File".

   b. Click "Select Files" and select FIT files from Bryton device.

   c. Enter information about your activities and then click "Save & View".

Sync Data to Bryton Mobile App

Pair Your Device with Bryton Mobile App

With the connection to Bluetooth, your Rider computer automatically uploads recorded tracks. To sync data correctly from your device, it is required to pair your device with Bryton app before syncing data for the first time.

a. Turn on Bluetooth on your mobile phone.	b. Go to **Settings**>**General** >**Bluetooth** and Select **On**.	c. In Bluetooth menu, select Pairing and wait for pairing.
d. Tap **BT Sync** and select the device you would like to pair and tap + to add.	e. Tap **Yes** after checking if UUID shown on app is the same as your device's. **Note:** UUID is the 16 digit number on the back of the device.	f. Your device is successfully paired with Bryton app.
g. It would start uploading tracks from the paired device.	h. All tracks are uploaded.	h. Go to Activities and you can see tracks are uploaded successfully.

Upload Tracks with One Tap

After successfully pairing your device with Bryton Mobile App, when bluetooth is activated both on your phone and device, all of your activities will be uploaded automatically simply by tapping   icon in Bryton Mobile APP.

BT Sync

Note:
- For video instruciton, please click below link:
   HOW TO Upload Activities Using Bluetooth for Rider 100/310
- To learn how to unpair by removing UUID, please click below link:
   HOW TO remove UUID from Bryton app

Train & Test

Bicycling is one of the best types of exercise for your body. It helps you to burn your calories, lose weight, and increase your overall fitness. With the Rider 310 Training feature, you can set simple/interval workouts and use the Rider 310 to track your training or workout progress.

Note: Before setting workouts, please make sure you have input your personal information into user profile. Please refer to page 22: Personalize User Profile to learn how to change it.

```
08:08          09/09 🔋

Cycling
Train & Test
View History
Settings

🚲 📶 🎨 ❤ ◉ 〰 🔋
```
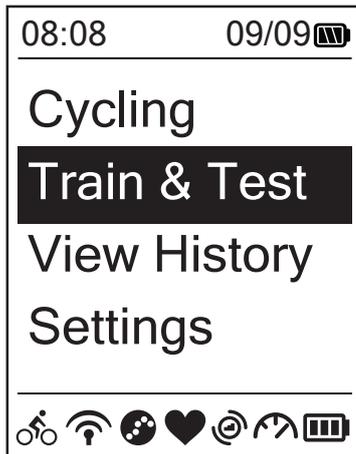
1. In the main screen, press ▼PAGE to select **Train&Test**.

2. Press LAP●/OK to enter the Training menu.

To Plan

You can set simple workouts by entering your time or distance goals.

The Rider 310 offers you three types of simple workouts: Time, Distance, and Calories.

Simple

```
        Simple

Warm Up
            10' 94 ~111
Work
       6' 0" 159 ~171
Cooldwn
          10' 94 ~111
```
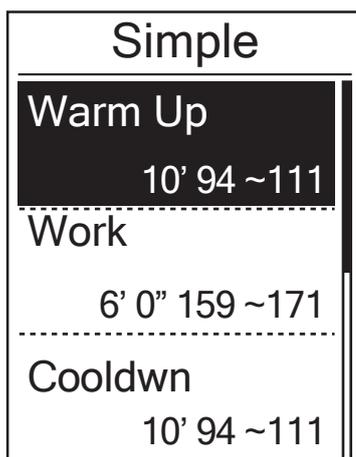
1. To set a simple workout, select **To Plan** > **Simple** > **Warm Up, Work , Cooldown.**

   - **Warm Up:**
     Duration (manual, calorie,time, distance), Target (Pace, HR, MHR, LTHR).
   - **Work:**
     Duration (calorie, time,distance), Target (Pace, MHR%, LTHR%, HR, MHR, LTHR, Off).
   - **Cooldown:**
     Duration (manual, calorie,time, distance), Target (HR, MHR, LTHR).

2. Press ■/‖BACK / ▼PAGE to set your target and press LAP●/OK to confirm.

3. Choose **Save** and enter the workout name using the on-screen keyboard.

4. Go for a ride.
   Go to **Train & Test > My Workouts > View** and choose the saved workout. Press LAP●/OK to start training and record log.

Using the On-screen Keyboard

Name	
001	A ▲
	▼
Save	

Name	
001	END ▲
	▼
Save	

1. Press ▪/‖ BACK / ▼ PAGE to select the input character.

   • Select **DEL** to erase the data.

2. Press LAP● OK to confirm the selection.

3. When finished, press ▪/‖ BACK / ▼ PAGE to select **END** and press LAP● OK to confirm.

> **NOTE:** If user does not enter the workout name, the system will automatically label the file name according to the current date and time.

Interval Workouts

With the Interval training feature, you can use your device to customize interval workouts which include the warm up, interval, and cool down sections.

Warm Up

Duration

Target

OK

1. In the **Train & Test** menu, press ▼ PAGE to select **To Plan** > **Interval** and press LAP● OK to enter.

2. A "Set warm up?" message appears on the screen. Press ▼ PAGE to select **Yes** to set the "Warm up". After the settings are complete, select **OK** and press LAP● OK to continue.

```
            Work 1
 ┌─────────────────────────┐
 │ Work                    │
 │                         │
 │  6'00"        158~170bmp│
 ├ ─ ─ ─ ─ ─ ─ ─ ─ ─ ─ ─ ─ ┤
 │ Recovery                │
 │                         │
 │  2'00"        137~149bpm│
 ├ ─ ─ ─ ─ ─ ─ ─ ─ ─ ─ ─ ─ ┤
 │ Repeat Time             │
 │                         │
 │                      2  │
 └─────────────────────────┘
```

```
           Cooldown
 ┌─────────────────────────┐
 │ Duration                │
 │                         │
 │                         │
 │ Target                  │
 │                         │
 │ OK                      │
 │                         │
 │                         │
 └─────────────────────────┘
```

3. Set the interval workout settings (Work, Recovery, and Repeat Time). When finished, press ▼PAGE to select **Next** and press LAP●OK .

4. A "Create a new main set?" message appears on the screen. To creat another set of interval workout, select **Yes** and press LAP●OK to confirm.

5. A "Set cool down?" message appears on the screen. Select **Yes** to set the "Cool down". After the settings are complete, select **OK** and press LAP●OK to continue.

6. A "Save to My Workout" message appears on the screen. Select **Yes** and press LAP●OK to continue. Press ■/‖BACK / ▼PAGE to enter the workout name. When finishing the name, press ■/‖BACK and press LAP●OK to save the workout.

My Workout

With My Workout feature, you can start your workout using the training plan that you have saved in **To Plan** menu.

```
          My Workout
  View


  Delete

  Delete All

```
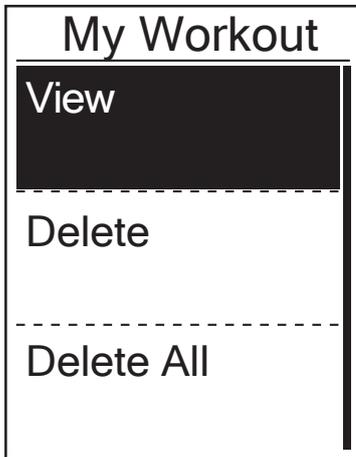
1. In the Training menu, press ▼PAGE to select **My Workout** and press LAP●OK .

2. Press ▼PAGE to select **View** and press LAP●OK to enter its submenu.
   - Press ▼PAGE to select your desired training plan and press LAP●OK to confirm.
   - Go for a ride. Press LAP●OK to start training and record log.

3. To choose which workouts to delete, select **Delete**.

4. To delete all workouts to delete, select **Delete All**.

NOTE: If the selected workout includes several interval settings, a workout details appear on the screen. Select **Start** and press LAP●OK to proceed with the workout.

Bryton Test

Bryton Test has preloaded on Rider 310. If you don't have it on your device, please download from Bryton Update Tool. Bryton Test includes two test courses to help you measuring your MHR and/or LTHR. Knowing your MHR and/or LTHR gives you a benchmark of your overall efficiency. It also hleps you to judge progress over time and measure your exercise intensity.

1. In the main screen, press ▼PAGE to select **Train & Test** and press LAP●OK to enter Training menu.

2. Press ▼PAGE to select **Bryton Test** and press LAP●OK to enter Bryton Test.

3. Press ▼PAGE to select your desired test workout and press LAP●OK to enter the selected workout.

4. The selected workout details appear on the screen. Press LAP●OK to start exercise.

5. When finished the Bryton Test, press ■/‖BACK and LAP●OK to save the result.

NOTE: The moment you save the result, your personal information in user profile will be changed accordingly.

Stop Training

You can stop the current training after you have reached your goal or when you decide to end the current training.
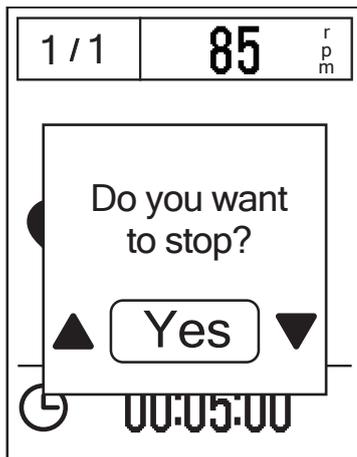
1. Press ■/‖ BACK to pause the recording and press ■/‖ BACK again to stop the recording.

2. A "Do you want to stop?" message appears on the screen. To stop the current training, press ■/‖ BACK / ▼ PAGE to select **Yes** and press LAP● OK to confirm.

View Exercise/Training Record

Use View History to view or delete your exercise/training history.

To view your history:

1. In the main screen, press ▼ PAGE to select **View History** > **View** and press LAP● OK .

2. Press ▼ PAGE to select **View** and press LAP● OK to confirm.

3. Press ▼ PAGE to select a training history from the list and press LAP● OK to view your history.

NOTE: You can also upload your history to brytonactive.com to keep track of all your ride data.

Delete History

```
09/19          21:44   ⬍
0
0   Backup data       p
0   to web first.     e
3   Delete?           m
3          ┌─────┐    al
0       ▲  │ Yes │ ▼  s
        └─────┘
    ┌────────┐
    │ Delete │  1/20
    └────────┘
```

To delete your history:

1. In the main screen, press ▼PAGE to select **View History** > **View** and press LAP●OK .

2. Press ▼PAGE to select **Delete** and press LAP●OK to enter the history list.

3. Press ▼PAGE to select a training history from the list and press LAP●OK to delete the selected history.

4. A "Backup data to web first. Delete?" message appears on the screen. To delete the data, press ■/‖BACK / ▼PAGE to select **Yes** and press LAP●OK to confirm.

History Flow

ride = Ride Time

```
09/19          21:44   ⬍
00:02:25       ride
3.69           km
39             kcal
04             laps

    ┌──────┐
    │ More │  1/20
    └──────┘
```

```
AVG      MAX
75.6 75.6   kmh
39    39    bpm
19    19    rpm

              ▼
```

```
Lap 01         00:49
0.25           km
81.4           kmh
13             kcal
0              bpm
0              rpm

              ▼
```

Record#/Total records

The arrow appears only when there is lap in this record.

The arrow appears only when there are more than 1 lap.

Settings

With the Settings feature, you can customize exercises settings, altitude, general settings, sensor settings, bike and user profiles.

```
              Settings
   Exercises

   Altitude

   General

   Sensors
```
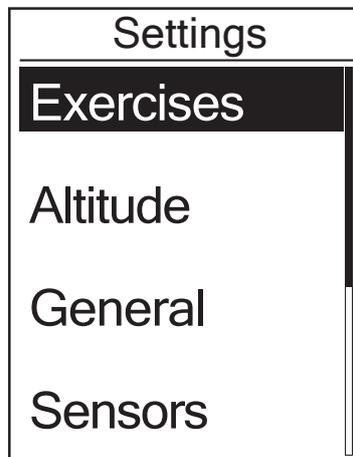
1. In the main screen, press ▼PAGE to select **Settings**.

2. Press LAP●OK to enter the Settings menu.

Smart Lap

With Smart Lap feature, you can use your device to automatically mark the lap at a specific location or after you have traveled a specific distance.

Lap by Location

```
        By Location

        Use current
        location as
        lap location?

    ▲    Yes    ▼
```
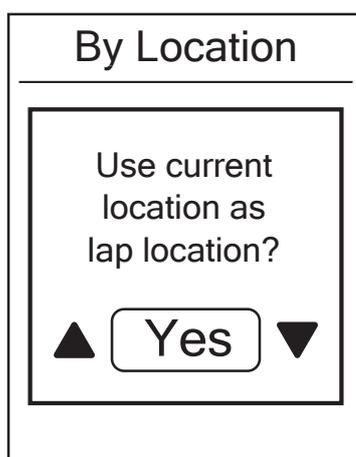
1. In the Settings menu, press ▼PAGE to select **Exercises> Smart Lap** and press LAP●OK .

2. Press LAP●OK to enter the editing menu. Press ■/‖BACK / ▼PAGE to select **Location** and press LAP●OK to confirm.

3. A "Use current location as lap location?" message appears on the screen. To save the data, press ▼PAGE to select **Yes** and press LAP●OK to confirm.

4. Press ■/‖BACK to exit this menu.

NOTE: If the GPS signal is not fixed, a "No GPS signal. Searching GPS, please wait" message appears on the screen. Check if the GPS is on and make sure you step outside to acquire the signal.

Lap by Distance

```
┌─────────────────────┐
│                     │
│    By Distance      │
│         ▲           │
│ ─────────────────── │
│                     │
│      10.0           │
│                     │
│ ─────────────────── │
│         ▼           │
│        KM           │
└─────────────────────┘
```
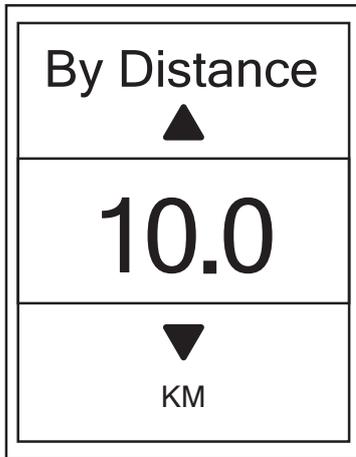
1. In the Settings menu, press ▼_{PAGE} to select **Exercise** > **Smart Lap** and press ^{LAP●}_{OK} .

2. Press ^{LAP●}_{OK} to enter the editing menu. Press ■/‖_{BACK} / ▼_{PAGE} to select **Distance** and press ^{LAP●}_{OK} to confirm.

3. Press ■/‖_{BACK} / ▼_{PAGE} to select your desired distance and press ^{LAP●}_{OK} to confirm.

4. Press ■/‖_{BACK} to exit this menu.

Altitude

You can set the altitude setting for the current location and four other locations.

Current Altitude

```
┌─────────────────────┐
│                     │
│     Altitude        │
│         ▲           │
│ ─────────────────── │
│                     │
│       31            │
│                     │
│ ─────────────────── │
│         ▼           │
│         M           │
└─────────────────────┘
```
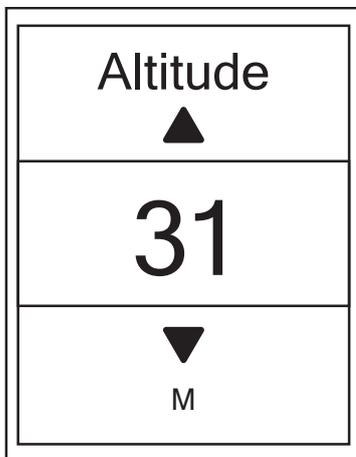
1. In the Settings menu, press ▼_{PAGE} to select **Altitude** > **Altitude** and press ^{LAP●}_{OK}.

2. Press ■/‖_{BACK} / ▼_{PAGE} to adjust the desired altitude and press ^{LAP●}_{OK} to confirm the setting.

3. Press ■/‖_{BACK} to exit this menu.

Note: The value of altitude on the meter mode will be changed once current altitude is adjusted.

Other Location Altitude

Location 1

Altitude

10m

Calibrate
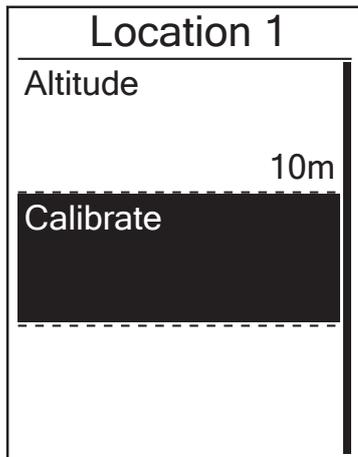
1. In the Settings menu, press PAGE to select **Altitude > Location 1**, **Location 2**, **Location 3**, **Location 4, Location 5** and press LAP OK .

2. To set the altitude, press PAGE to select **Altitude** and press LAP OK to confirm.

3. Press BACK / PAGE to adjust the desired altitude and press LAP OK to confirm the setting.

4. To calibrate the set altitude, press PAGE to select **Calibrate** and press to LAP OK confirm.

5. Press BACK to exit this menu.

Data Page

You can set the display settings for the Meter and Lap.

Meter Display

Data Page

Current Time

Current Speed | Total Distance

3-grid display

Ride Time

Current Time

Trip Time
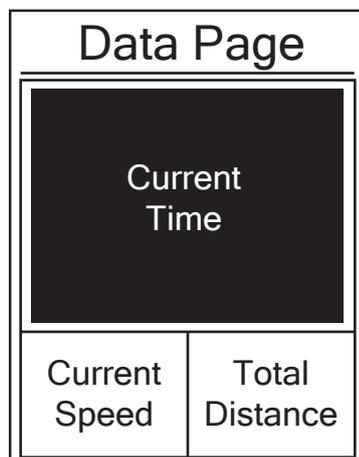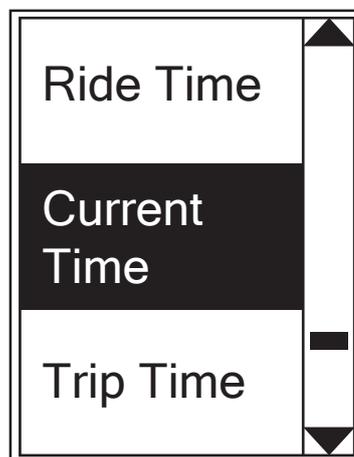
Item selection

1. In the Settings menu, press PAGE to select **Exercises > Data Page** and press LAP OK .

2. Press LAP OK to enter **Data Page** setting and change the setting from **Auto** to **Manual**.

3. Press PAGE to enter **Data Page > Data Page1**, **Data Page 2**, **Data Page 3** , **Data Page 4** or **Data Page 5** and press LAP OK .

4. Press BACK / PAGE to select the number of data fields and press LAP OK to confirm.

5. Press ▼PAGE to select the item field that you want to customize, and press LAP●OK to confirm the selection.

6. Press ■/‖BACK / ▼PAGE to select the desired setting and press LAP●OK to confirm.

7. Press ■/‖BACK to exit this menu.

NOTE: The number of data fields shown on the screen depends on the "Data fields" selection.

2-grid display   3-grid display
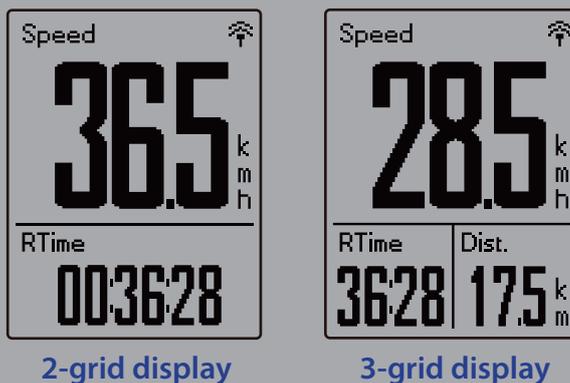
NOTE: If Data Page is setted as **Auto**, Rider 310 will automatically adjust its data field display when detecting the paired sensors.

Lap Display

```
        Cycle Lap
  Data Page 1

                    On

  Data Page 2

                    On
```
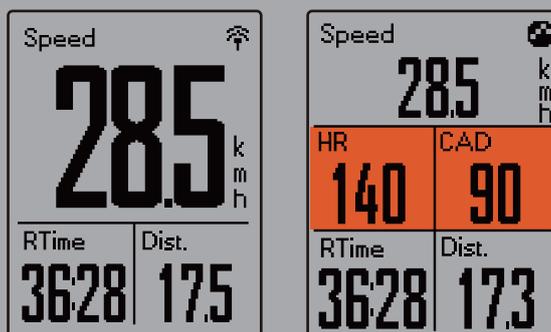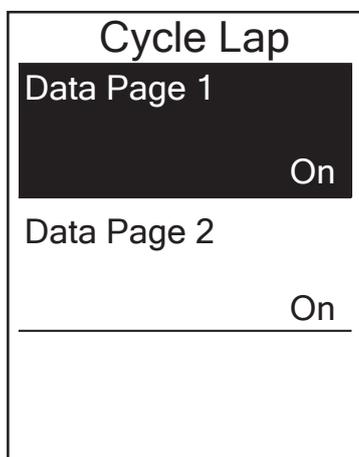
1. In the Settings menu, press ▼PAGE to select **Exercises > Data Page > Data Page 1** or **Data Page 2** and press LAP●OK .

2. Press ■/‖BACK / ▼PAGE to select the number of data fields and press LAP●OK to confirm.

3. Press ▼PAGE to select the item field that you want to customize, and press LAP●OK to confirm the selection.

4. Press ■/‖BACK / ▼PAGE to select the desired setting and press LAP●OK to confirm.

5. Press ■/‖BACK to exit this menu.

Set Alert

With the Alert feature, the device displays a message to notify you if:
- your heart rate exceeds or drops below a specific number of beats per minute (bpm).
- you exceed or drop below a custom speed setting during your ride.
- your cadence speed exceeds or drops below a specific number of revolutions of the crank arm per minute (rpm).
- you reach a certain amount of distance for the long workouts.
- you reach a certain amount of time for the long workouts.

```
        Alert

          ▲

        Time

          ▼
```
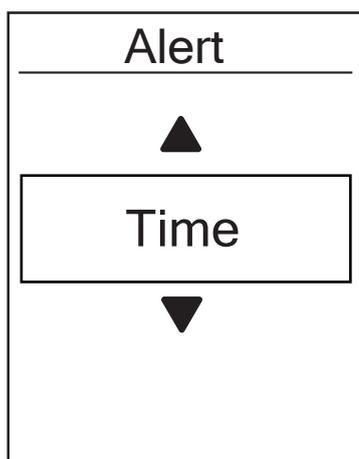
1. In the Settings menu, press ▼PAGE to select **Exercises** > **Alert** and press LAP●OK to enter its submenu.

2. Select **Time**, **Distance**, **Speed**, **HR**, or **Cadence** and press LAP●OK to configure the necessary settings.

3. Press ■/‖BACK / ▼PAGE to select the desired setting and press LAP●OK to confirm.

Smart Pause

When you have a lot of obstacles along your route such as traffic lights, crosswalk, etc., this can really impact your recorded data. When the function is activated, the time and distance will automatically pause once you stop moving and resume once you start riding to enhance your data efficiency.

```
      Smart Pause
  Enable

                Yes
```
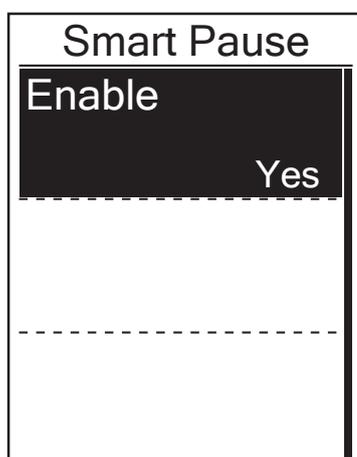
1. In the Settings menu, press ▼PAGE to select **Exercises** > **Smart Pause** and press LAP●OK to enter its submenu.

2. Select **Yes** to enable the function.

Data Record

With Data Record function, you can set your odometer and activate 1 second mode to get more accurate data.

Set ODO
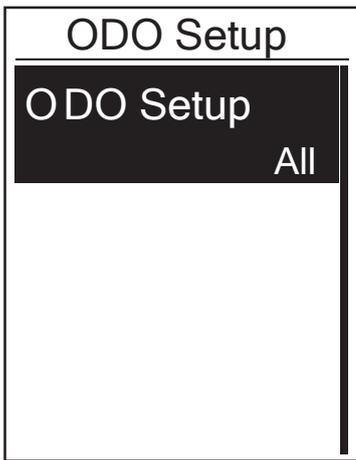
ODO Setup
O DO Setup
All

1. In the Settings menu, press ▼PAGE to select **Exercise > Data Record** and press LAP●OK.

2. Press ▼PAGE to select **ODO Setup** and press LAP●OK to enter.

3. Press LAP●OK to enter its submenu and press ■/‖BACK / ▼PAGE to select the desired setting, then press LAP●OK to confirm.

NOTE: **All** means the odometer would show the cumulative distance of all trips; **Recorded** would only show the cumulative distance of recorded trips.

NOTE: If you would like to reset ODO, please refer to page 24: Reset ODO.

Enable 1sec Mode
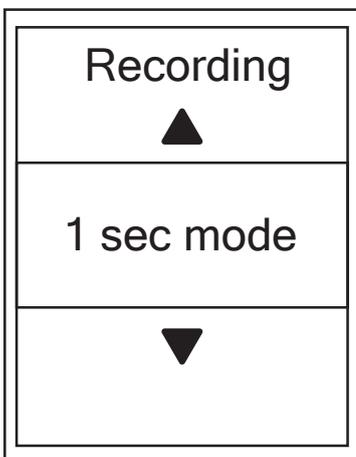
Recording
▲
1 sec mode
▼

1. In the Settings menu, press ▼PAGE to select **Exercise > Data Record** and press LAP●OK.

2. Press ▼PAGE to select **Recording** and press LAP●OK to enter.

3. Press LAP●OK to enter its submenu and press ■/‖BACK / ▼PAGE to select **1 sec mode**, and press LAP●OK to confirm.

4. Press ■/‖BACK to exit this menu.

bryton

Personalize User Profile

You can change your personal information.

User
Gender
Male
Birthday
1982/01/01
Height
177 cm

1. In the Settings menu, press ▼PAGE to select **User** and press LAP●OK.

2. Press ▼PAGE to select the setting that you want to change and press LAP●OK to enter its submenu.

   - Gender: select your gender.
   - Birthday : set your Birthday
   - Height: set your height.
   - Weight: set your weight.
   - Max HR: set your maximum heart rate.
   - LTHR: set your lactate threshold heart rate.
   - FTP: set your functional threshold power.
   - MAP: set your maximum aerobic power.

3. Press ■/‖BACK/▼PAGE to adjust the desired setting and press LAP●OK to confirm.

4. Press ■/‖BACK to exit this menu.

NOTE: Please enter correct personal information since it might affect analysis. If you have no idea about your Max HR/LTHR/FTP/MAP, you can use Bryton Test to test your own exercise intensity. Please refer to page 13: Bryton Test to learn how to do the test.

Personalize Bike Profile

You can customize and view your bicycle(s) profile.

```
        Bike 1
┌──────────────────────┐
│ Spd Source           ║
│                      ║
│                      ║
│ ─ ─ ─ ─ ─ ─ ─ ─ ─ ─  │
│ Weight               │
│               13kg   │
│ ─ ─ ─ ─ ─ ─ ─ ─ ─ ─  │
│ Wheel                ║
│             1700mm   ║
└──────────────────────┘
```
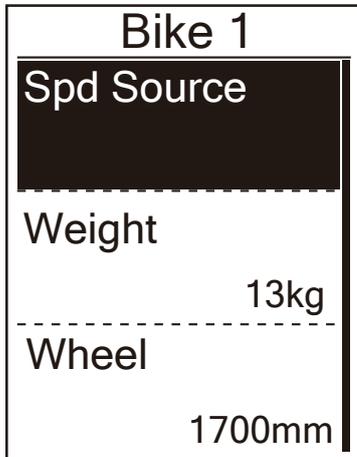
1. In the Settings menu, press $\blacktriangledown_{\text{PAGE}}$ to select **Profile>Bike Profile> Bike 1** or **Bike 2** and press $^{\text{LAP}\bullet}_{\text{OK}}$.
2. Press $\blacktriangledown_{\text{PAGE}}$ to select the setting that you want to change and press $^{\text{LAP}\bullet}_{\text{OK}}$ to enter its submenu.
   - Spd Source: set the priority of the speed sources
   - Weight: set the bike weight.
   - Wheel: set the bike wheel size.
   - Activate: select to activate the bike.
3. Press $^{\blacksquare/\parallel}_{\text{BACK}} / \blacktriangledown_{\text{PAGE}}$ to adjust the desired setting and press $^{\text{LAP}\bullet}_{\text{OK}}$ to confirm.
4. Press $^{\blacksquare/\parallel}_{\text{BACK}}$ to exit this menu.

NOTE: For details on wheel size, see "Wheel Size and Circumference" on .
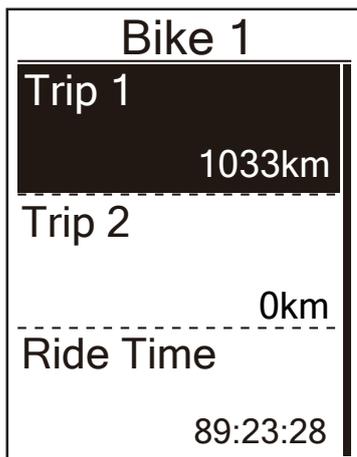
View Bike Profile

```
        Bike 1
┌──────────────────────┐
│ Trip 1               ║
│                      ║
│             1033km   ║
│ ─ ─ ─ ─ ─ ─ ─ ─ ─ ─  │
│ Trip 2               │
│                      │
│                      │
│               0km    │
│ ─ ─ ─ ─ ─ ─ ─ ─ ─ ─  │
│ Ride Time            │
│                      │
│           89:23:28   │
└──────────────────────┘
```

1. In the Settings menu, press $\blacktriangledown_{\text{PAGE}}$ to select **Profile > Bike Profile> Overview** and press $^{\text{LAP}\bullet}_{\text{OK}}$.
2. Press $\blacktriangledown_{\text{PAGE}}$ to select the desired bike and press $^{\text{LAP}\bullet}_{\text{OK}}$ to confirm.
3. Press $\blacktriangledown_{\text{PAGE}}$ to view more data of the selected bike.
4. Press $^{\blacksquare/\parallel}_{\text{BACK}}$ to exit this menu.

Adjust Odometer

Bike 1+2

ODO

                 1033km

Ride Time

           89:23:28

Alt.Gain

         8600m

1. In the Settings menu, press ▼PAGE to select **Profile > Bike Profile**> **Overview** and press LAP●OK .

2. Press ▼PAGE to select **Bike 1+2** and press LAP●OK to confirm.

3. Press LAP●OK to enter into ODO setting page.

4. Press �!/‖BACK / ▼PAGE to adjust ODO and press LAP●OK to confirm.

5. Press ▪/‖BACK to exit this menu.

NOTE: To get to the number faster, you can long press ▪/‖BACK / ▼PAGE .

Reset ODO

You can reset the distance of Trip 1, Trip 2 and odometer.
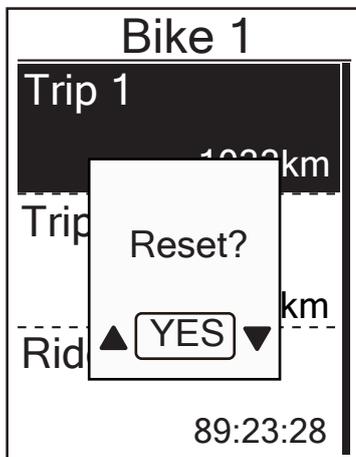
Bike 1

Trip 1

          1033km

Trip

Reset?

▲ YES ▼

    km

Rid

        89:23:28

1. In the Settings menu, press ▼PAGE to select **Profile > Bike Profile> Overview** and press LAP●OK .

2. Press ▼PAGE to select the desired bike and press LAP●OK to confirm.

3. Press ▼PAGE to select trip 1 or trip 2 and press press LAP●OK to confirm.
   If you choose Bike 1+2, please select ODO.

4. A messge "Reset?" pops up on your device. press ▼PAGE to select "YES" and press LAP●OK to confrim or press ▼PAGE / ▪/‖BACK to set ODO to the desired number.

5. Press ▪/‖BACK to exit this menu.

NOTE: Trip 1, Trip 2 means cumulative mileage recorded before you reset it. They are 2 separate distance measurements. You are free to use Trip 1 or Trip 2 to record, for example, weekly total distance and use another to record, for example, monthly total distance.

Change System Settings

You can customize the device system settings such as backlight off, key tone, sound, time/unit , on-screen display language.

Backlight Off
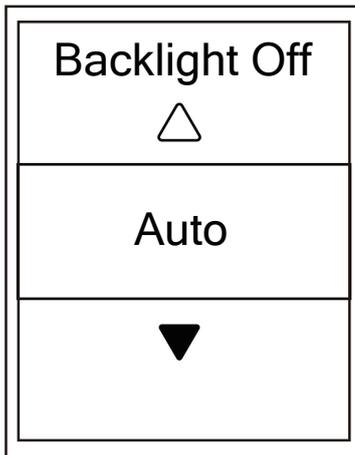
Backlight Off
△
Auto
▼

1. In the Settings menu, press ▼PAGE to select **General > System > Backlight Off** and press LAP● OK.

2. Press ■/‖BACK / ▼PAGE to select the desired setting and press LAP● OK to confirm.

3. Press ■/‖BACK to exit this menu.

Key Tone
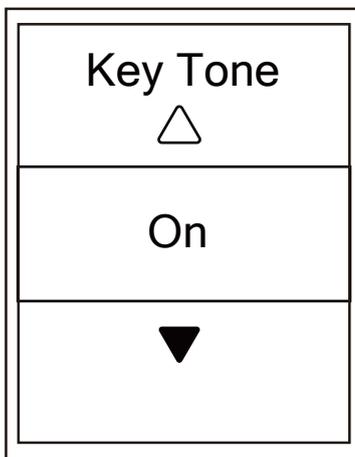
Key Tone
△
On
▼

1. In the Settings menu, press ▼PAGE to select **General > System > Key Tone** and press LAP● OK.

2. Press ■/‖BACK / ▼PAGE to select the desired setting and press LAP● OK to confirm.

3. Press ■/‖BACK to exit this menu.

Sound
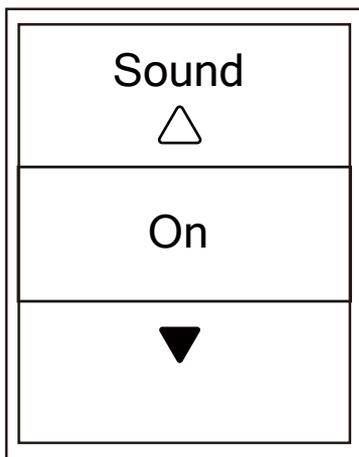
Sound
△
On
▼

1. In the Settings menu, press ▼PAGE to select **General > System > Sound** and press LAP●/OK .
2. Press ▮/▮BACK / ▼PAGE to select the desired setting and press LAP●/OK to confirm.
3. Press ▮/▮BACK to exit this menu.

Time/Unit

Dlight Save		Date Format		Time Format		Unit
△		△		△		△
+0:00		dd/mm/yyyy		24hr		KM,KG
▼		▼		▼		▼
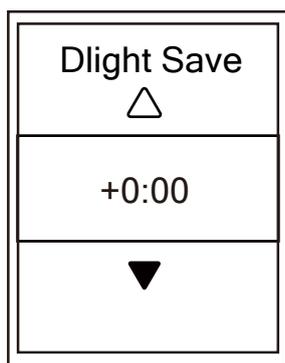
| Daylight Save | Date format | Time format | Unit |
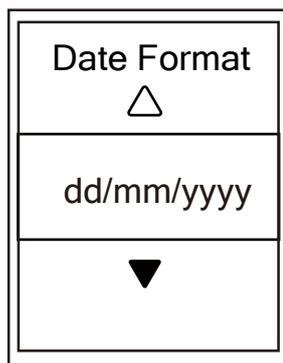
Temperature
△
°C
▼

Temperature

1. In the Settings menu, press ▼PAGE to select **General > System > Time/Unit > Daylight Save**, **Date format**, **Time format**, **Unit Temperature** and press LAP●/OK .
2. Press ▮/▮BACK / ▼PAGE to select the desired setting/format and press LAP●/OK to confirm.
3. Press ▮/▮BACK to exit this menu.

Language

| Language |
| English |
| Deutsch |
| Français |

1. In the Settings menu, press ▼PAGE to select **General > System > Language** and press LAP●OK.
2. Press ■/‖BACK / ▼PAGE to select the desired setting and press LAP●OK to confirm.
3. Press ■/‖BACK to exit this menu.

View GPS Status

You can view the GPS signal information that your device is currently receiving.

GPS
△
Full Power
▼
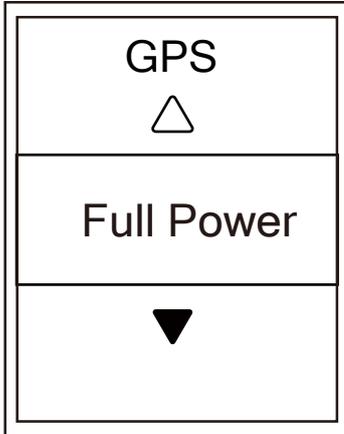
1. In the Settings menu, press ▼PAGE to select **General > GPS** and press LAP●OK .
2. To set the signal search mode, press LAP●OK to confirm.
3. Press ■/‖BACK / ▼PAGE to select the desired setting and press LAP●OK to confirm.

- Off: Turn-off GPS functions. Choose this to save power when GPS signal is not available, or when GPS information is not required (such as indoor use).
- Full Power: maximum position and speed accuracy, consumes more power.
- PowerSaving: Achieves longer battery life when used in good GPS signal condition, but less accurate.

View Software Version

You can view your device current software version.

1. In the Settings menu, press $\blacktriangledown$ PAGE to select **General > About**.

2. Press LAP/OK to confirm.
   The current software version is displayed on the screen.

3. Press ■/|| BACK to exit this menu.

Bluetooth

Before pairing Rider 310 with your bluetooth enabled mobile phone, make sure the bluetooth function of your mobile phone and Rider 310 is turned on.

Enable Bluetooth
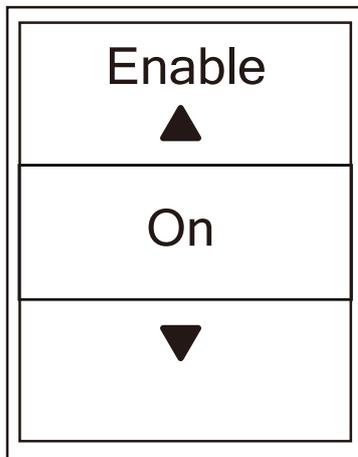
Enable
▲
On
▼

1. In the Settings menu, press $\blacktriangledown$ PAGE to select **General > Bluetooth** and press LAP/OK .

2. Press ■/|| BACK / $\blacktriangledown$ PAGE to select **On** and press LAP/OK to confirm.

3. Press ■/|| BACK to exit this menu.

Configure Auto Scroll

When the feature is enabled, the data will automatically switch pages at the preset time.

Auto Scroll

Auto Scroll

On

Interval

5 sec
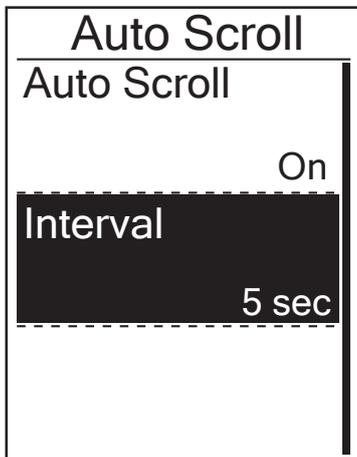
1. In the Settings menu, press ▼PAGE to select **General > Auto Scroll** and press LAP●OK .

2. Press ▼PAGE to select the setting that you want to change and press LAP●OK to enter its submenu.
   - Auto scroll: enable/disable the auto switch.
   - Interval: set the interval time.

3. Press ■/‖BACK/▼PAGE to adjust the desired setting and press LAP●OK to confirm.

4. Press ■/‖BACK to exit this menu.

Enable File Saving Mode

When the feature is enabled, the device will automatically overwrite from your oldest records when memory storage is full.

Overwrite

△

On

▼
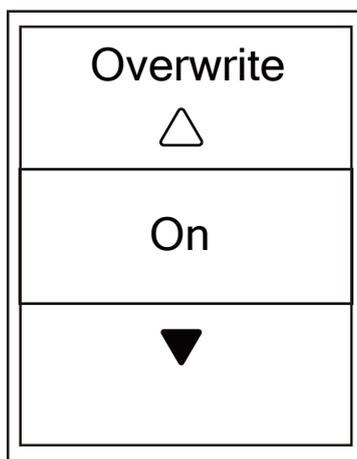
1. In the Settings menu, press ▼PAGE to select **General > File Saving** and press LAP●OK .

2. Press LAP●OK to enter its submenu and press ■/‖BACK/▼PAGE to adjust the desired setting and press LAP●OK to confirm.

3. Press ■/‖BACK to exit this menu.

Start Reminder

When Rider 310 detects the motion of your bike, it would pop up a reminder to ask you if you would like to record or not. You can set the frequency of start reminder.
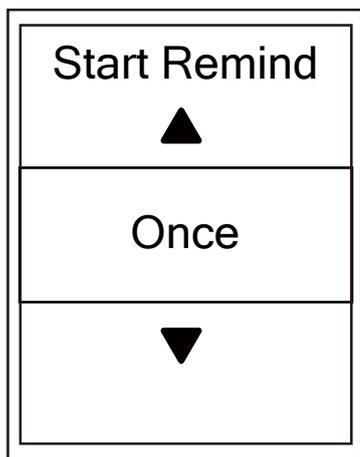
Start Remind
▲
Once
▼

1. In the Settings menu, press ▼PAGE to select **General > Start Remind** and press LAP●OK .

2. Press LAP●OK to enter its submenu and press ■/ll BACK / ▼PAGE to adjust the desired setting and press LAP●OK to confirm.

3. Press ■/ll BACK to exit this menu.

View Memory Usage

View the storage status of the device.

General
Start Remind
Once
Memory%
7%
Data Reset
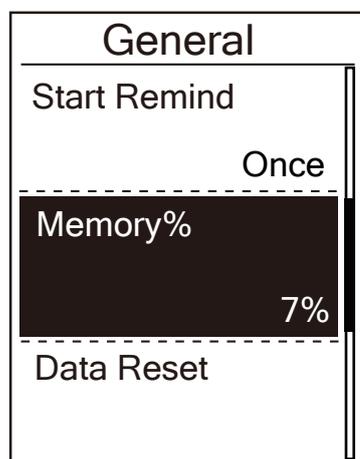
1. In the Settings menu, press ▼PAGE to select **General > Memory %** .
   The storage status is displayed on the screen.

2. Press ■/ll BACK to exit this menu.

Reset Data

You can resotre your Rider 310 to factory setting.
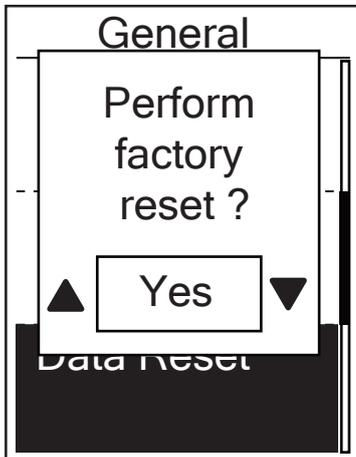
1. In the Settings menu, press ▼_{PAGE} to select **General > Data Reset** and press ^{LAP●}_{OK}.

2. Press ■/‖_{BACK} / ▼_{PAGE} to adjust the desired setting and press ^{LAP●}_{OK} to confirm.

NOTE: Factory reset operation will restore device to factory default settings. In addition to deleting all the tracks, it will also delete pre-paired sensors and pre-loaded Bryton Test but will not remove UUID from the account you added in.
To remove UUID, please click below link for video instruction.
HOW TO remove UUID from Bryton app

Sensors

You can customize the respective sensor settings such as enable/disable the function or rescan the sensor for the device.

Heart Rate	Speed	Cadence
Status: active	Status: active	Status: active
ID XXXXXXXXX	ID XXXXXXXXX	ID XXXXXXXXX
Rescan	Rescan	Rescan
Turn Off	Turn Off	Turn Off

Heart Rate   Speed   Cadence

Speed/CAD	Power meter
Status: active	Status: active
ID XXXXXXXXX	ID XXXXXXXXX
Rescan	Rescan
Turn Off	Turn Off

Speed/Cadence   Power Meter
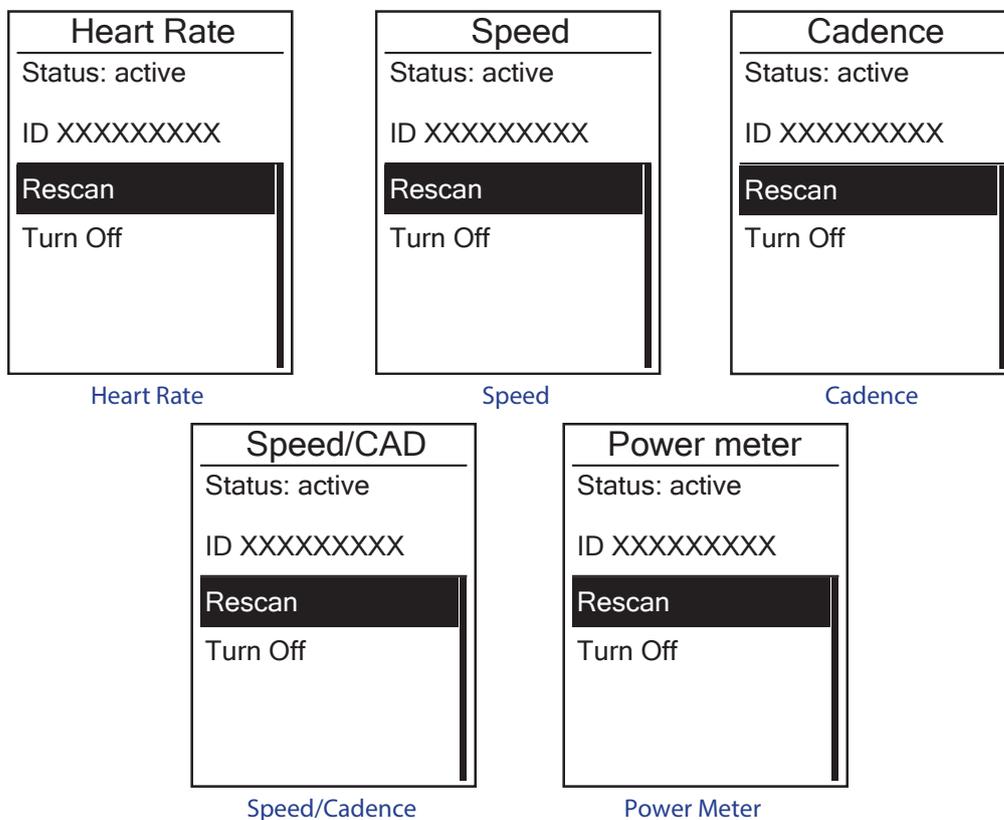
1. In the Settings menu, press PAGE to select **Sensors > Heart Rate**, **Speed**, **Cadence**, or **Speed/CAD Power Meter** and press LAP/OK.

2. Press LAP/OK to have more options. Press PAGE to select the desired setting and press LAP/OK to confirm.

    *   Rescan: rescan to detect the sensor.
    *   Turn on/Turn off: enable/disable the sensor.

3. Press BACK to exit this menu.

> **NOTE:**
> *   When the heart rate monitor is paired, the ♥ heart rate icon appears on the main screen. While pairing your speed/cadence sensor/the heart rate belt and power meter, please make sure there is no other cadence/speed sensor/power meter within 5 m. When the cadence sensor is paired, the cadence sensor icon appears on the main screen.

> **NOTE:**
> Rider 310 provides 2 bike profiles. Each profile has its respective sensor setting. Simply activate the bike you choose you ride in Bike Profile setting and you are ready to go. Please refer to page 23 to learn how to activate the bike.

Appendix

Specifications

Rider 310

Item	Description
Display	1.8" FSTN positive transflective dot-matrix LCD
Physical Size	45.1 x 69.5 x 17.3 mm
Weight	56g
Operating Temperature	-10°C ~ 50°C
Battery Charging Temperature	0°C ~ 40°C
Battery	Li polymer rechargeable battery
Battery Life	36 hours with open sky
ANT+™	Featuring certified wireless ANT+™ connectivity. Visit www.thisisant.com/directory for compatible products.
GPS	Integrated high-sensitivity GPS receiver with embedded antenna
BLE Smart	Bluetooth smart wireless technology with embedded antenna
Water Resistant	Water resistant to a depth of 1 meter for up to 30 minutes.

Cadence Sensor

Item	Description
Physical size	36.9 x 31.6 x 8.1 mm
Weight	6 g
Water Resistance	Incidental exposure to water of up to 1 meter for up to 30 minutes
Transmission range	3 m
Battery life	Up to 1 year
Operating temperature	-10°C ~ 60°C
Radio frequency/protocol	2.4GHz / Bluetooth 4.0 and Dynastream ANT+ Sport wireless communications protocol

Accuracy may be degraded by poor sensor contact, electrical interference, and receiver distance from the transmitter.

Heart Rate Monitor

Item	Description
Physical size	63x34.3x15mm
Weight	14.5g(sensor)/31.5g(strap)
Water Resistance	Incidental exposure to water of up to 1 meter for up to 30 minutes
Transmission range	3 m
Battery life	Up to 2 years
Operating temperature	0°C ~ 40°C
Radio frequency/protocol	2.4GHz / Bluetooth 4.0 and Dynastream ANT+ Sport wireless communications protocol

Accuracy may be degraded by poor sensor contact, electrical interference, and receiver distance from the transmitter.

Battery Information

Heart Rate Monitor and Cadence Sensor Battery

The heart rate monitor/cadence sensor contains a user-replaceable CR2032 battery.

To replace the battery:

1. Locate the circular battery cover on the back of the heart rate monitor.
2. Use a coin to twist the cover counter-clockwise so the arrow on the cover points to OPEN.
3. Remove the cover and battery. Wait for 30 seconds.
4. Insert the new battery, with the positive connector first into the battery chamber.
5. Use a coin to twist the cover clockwise so the arrow on the cover points to CLOSE.
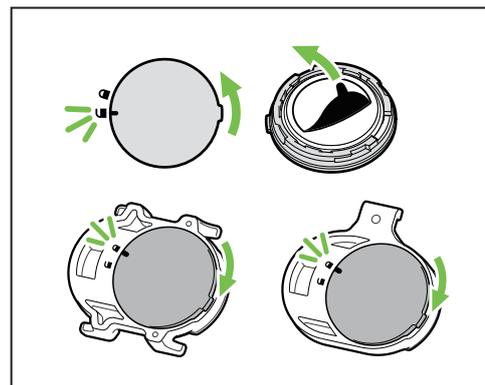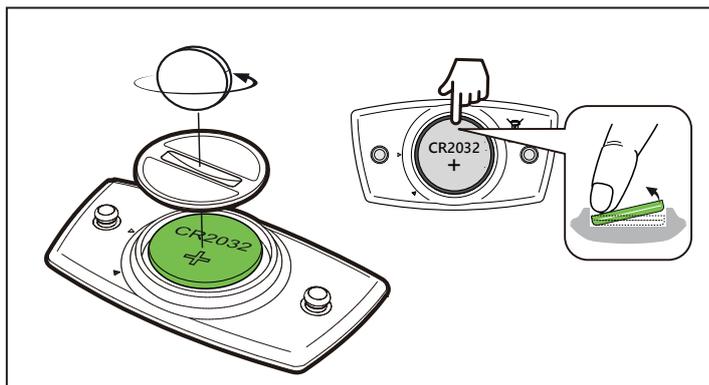
NOTE:
- When installing a new battery, if the battery is not placed with the positive connector first, the positive connector will easily deform and malfunction.
- Be careful not to damage or lose the O-ring gasket on the cover.
- Contact your local waste disposal department to properly dispose of used batteries.

Install Rider 310

Use Bike Mount to Mount Rider
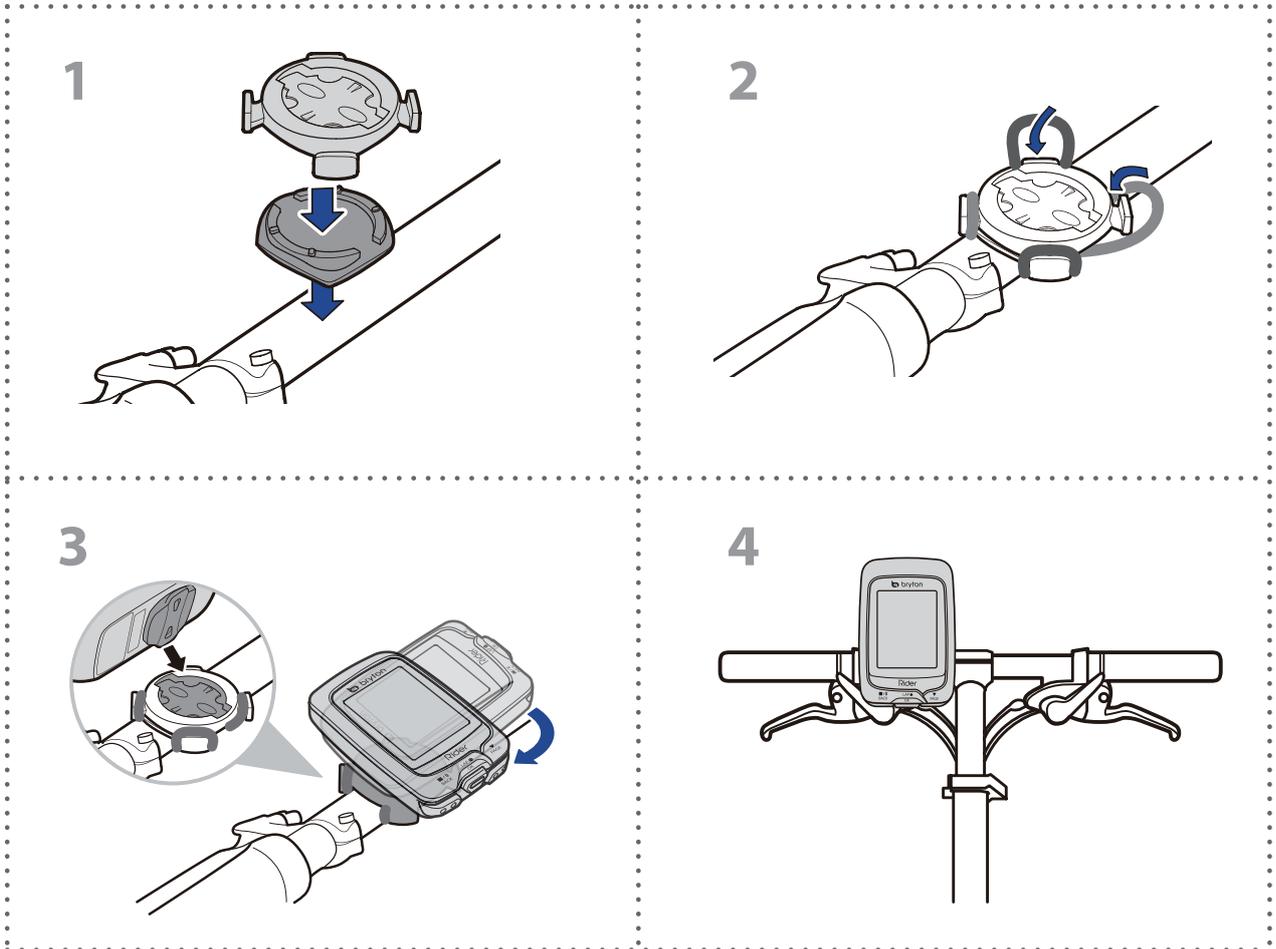
Use F-Mount to Mount Rider (Optional)
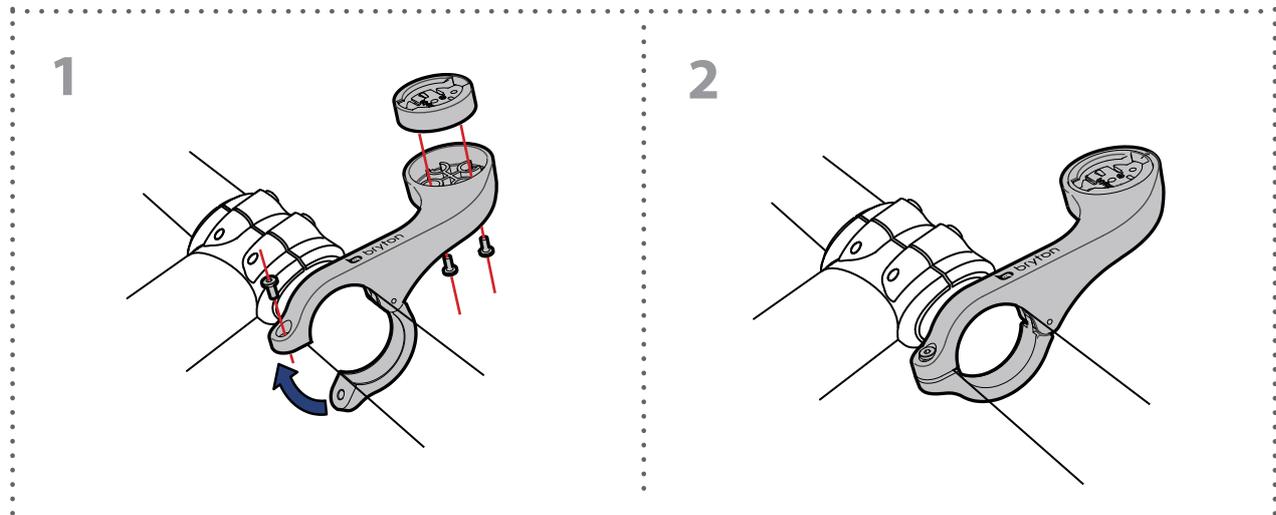
Install the Speed/Cadence/Dual Sensor (Optional)
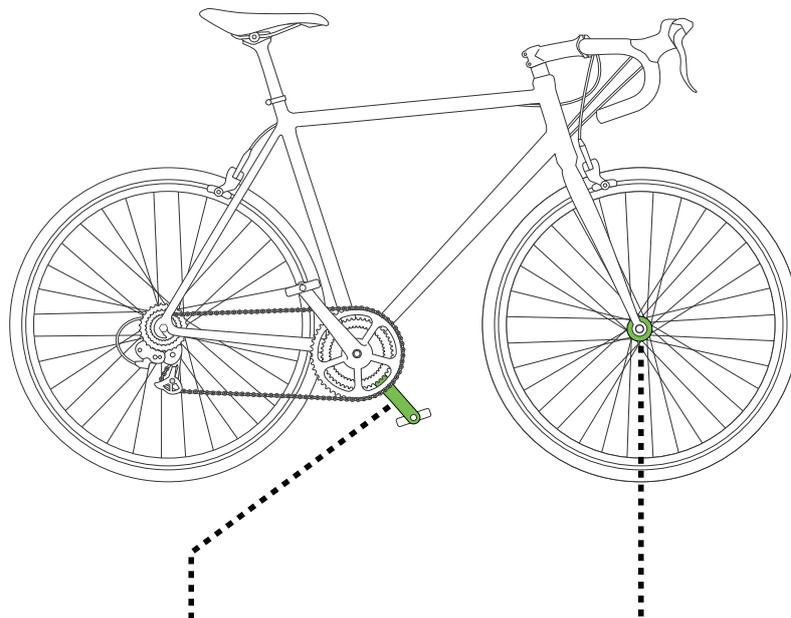
Cadence Sensor | Speed Sensor
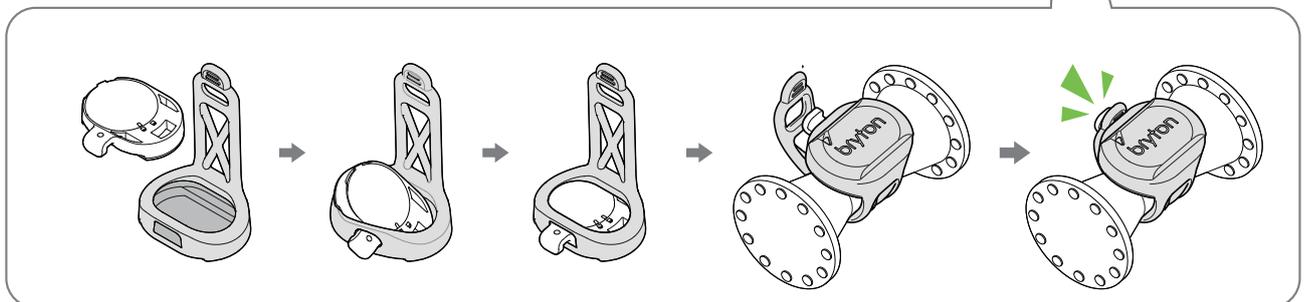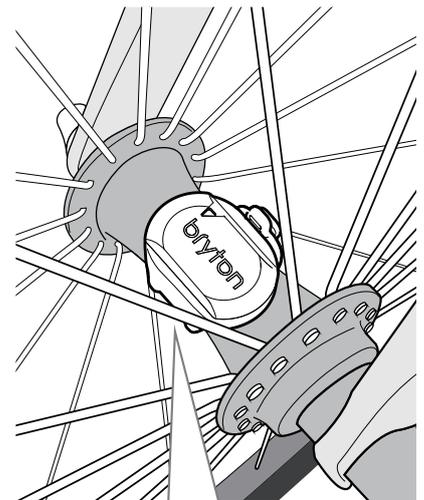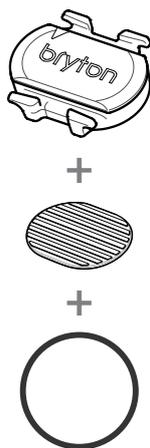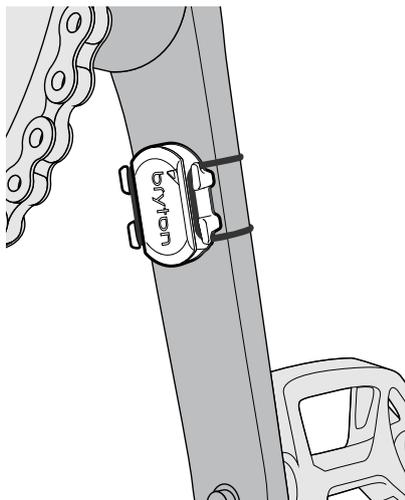
NOTE:
- Once the sensor is waken, the LED blinks twice. The LED continues to blink when you start pedaling for pairing. After around 15 times blink, it stops blinking to preserve power. Please complete the pairing during the time the sensor is awake.

Install Heart Rate Belt (Optional)

Strap   Electrodes
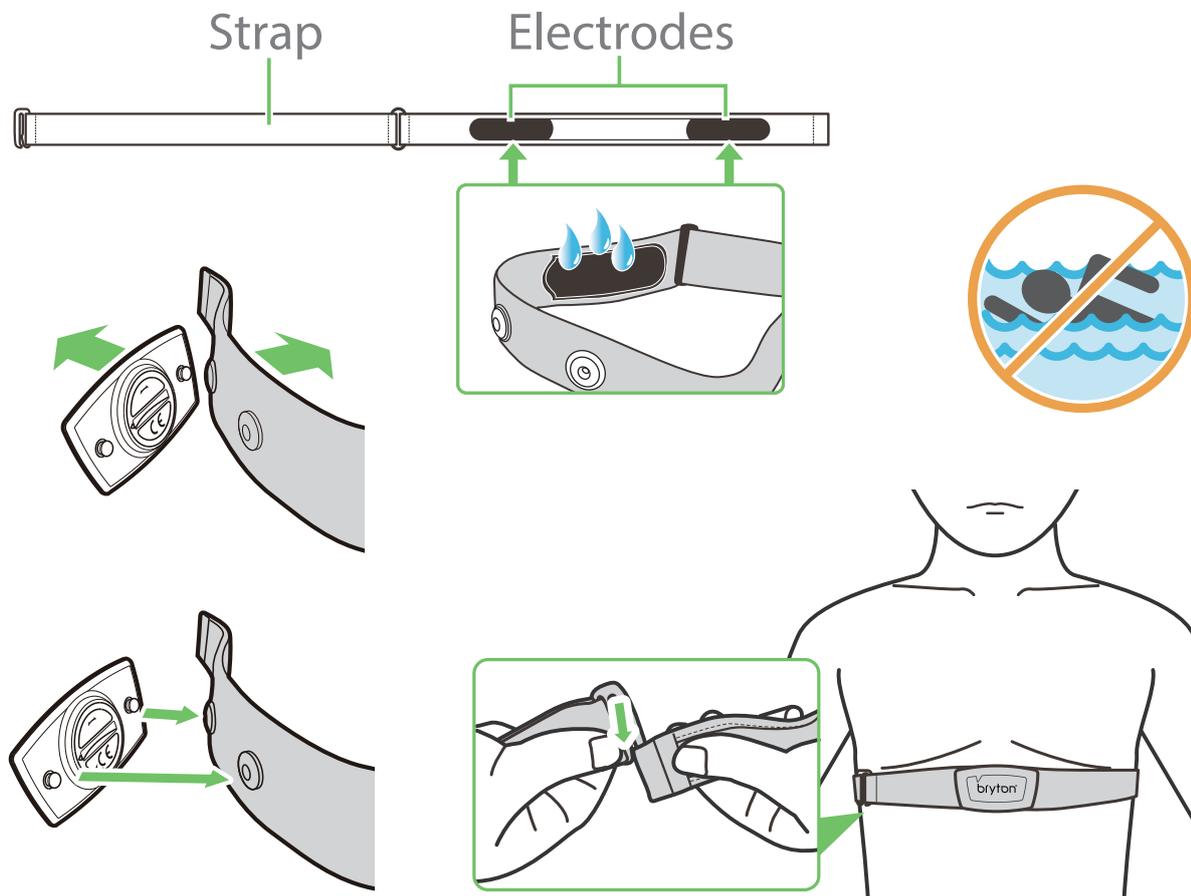
NOTE:
- In cold weather, wear appropriate clothing to keep the heart rate belt warm.
- The belt should be worn directly on your body.
- Adjust the sensor position to the middle part of the body (wear it slightly below the chest). The Bryton logo shown on the sensor should be facing upward. Tighten the elastic belt firmly so that it will not turn loose during the exercise.
- If the sensor cannot be detected or the reading is abnormal, please warm up for about 5 minutes.
- If the heart rate belt is not used for a period of time, remove the sensor from the heart rate belt.

Wheel Size and Circumference

The wheel size is marked on both sides of the tires.

Wheel Size	L(mm)
12x1.75	935
12x1.95	940
14x1.50	1020
14x1.75	1055
16x1.50	1185
16x1.75	1195
16x2.00	1245
16x1-1/8	1290
16x1-3/8	1300
17x1-1/4	1340
18x1.50	1340
18x1.75	1350
20x1.25	1450
20x1.35	1460
20x1.50	1490
20x1.75	1515
20x1.95	1565
20x1-1/8	1545
20x1-3/8	1615
22x1-3/8	1770
22x1-1/2	1785
24x1.75	1890
24x2.00	1925
24x2.125	1965
24x1(520)	1753
24x3/4 Tubular	1785
24x1-1/8	1795
24x1-1/4	1905
26x1(559)	1913
26x1.25	1950
26x1.40	2005
26x1.50	2010
26x1.75	2023
26x1.95	2050
26x2.10	2068
26x2.125	2070
26x2.35	2083

Wheel Size	L(mm)
26x3.00	2170
26x1-1/8	1970
26x1-3/8	2068
26x1-1/2	2100
650C Tubular 26x7/8	1920
650x20C	1938
650x23C	1944
650x25C 26x1(571)	1952
650x38A	2125
650x38B	2105
27x1(630)	2145
27x1-1/8	2155
27x1-1/4	2161
27x1-3/8	2169
27.5x1.50	2079
27.5x2.1	2148
27.5x2.25	2182
700x18C	2070
700x19C	2080
700x20C	2086
700x23C	2096
700x25C	2105
700x28C	2136
700x30C	2146
700x32C	2155
700C Tubular	2130
700x35C	2168
700x38C	2180
700x40C	2200
700x42C	2224
700x44C	2235
700x45C	2242
700x47C	2268
29x2.1	2288
29x2.2	2298
29x2.3	2326

Basic Care For Your Rider 310

Taking good care of your device will reduce the risk of damage to your device.

- Do not drop your device or subject it to severe shock.

- Do not expose your device to extreme temperatures and excessive moisture.

- The screen surface can easily be scratched. Use the non-adhesive generic screen protectors to help protect the screen from minor scratches.

- Use diluted neutral detergent on a soft cloth to clean your device.

- Do not attempt to disassemble, repair, or make any modifications to your device. Any attempt to do so will make the warranty invalid.

NOTE: Improper battery replacement may cause an explosion. When replacing a new battery, use only the original battery or a similar type of battery specified by the manufacturer. Disposal of the used batteries must be carried out in accordance to the regulations of your local authority.

For better environmental protection, waste batteries should be collected separately for recycling or special disposal.

Data Fields

Data Field	Complete Data Field Name
Sunrise	Sunrise Time
Sunset	Sunset Time
RTime	Ride Time
AvgSpd	Average Speed
Max Spd	Maximum Speed
HR	Heart Rate
Avg HR	Average Heart Rate
Max HR	Maximum Heart Rate
MHR Zone	Maximum Heart Rate Zone
LTHR Zone	Lactate Threshold Heart Rate Zone
MHR%	Maximum Heart Rate Percentage
LTHR%	Lactate Threshold Heart Rate Percentage
AvgCAD	Average Cadence
MaxCAD	Maximum Cadence
LapAvSpd	Lap Average Speed
LapMaSpd	Lap Maximum Speed
L'stLpAvSp	Last Lap Average Speed
LapDist	Lap Distance
L'stLpDist	Last Lap Distance
L'stLapT	Last Lap Time
LapAvHR	Lap Average Heart Rate
LapMaHR	Lap Maximum Heart Rate
L'LpAvHR	Last Lap Average Heart Rate
L'A'MHR%	Lap Average MHR Percentage
L'A'LTHR%	Lap Average LTHR Percentage
LpAvSt'dR	Lap Average Stride Rate
LpStr'dAvL	Lap Stride Average Length
LLpSt'dAvL	Last Lap Stride Average Length
LapAvP	Lap Average Pace
L'stLpAvP	Last Lap Average Pace

Data Fields	Complete Data Field Name
LapMaP	Lap Maximum Pace
LAvCAD	Lap Average Cadence
LLAvCad	Last Lap Average Cadence
ODO	Odometer
Temp.	Temperature
Dist.	Distance
T to Dest	Time to Destination
D to Dest	Distance to Destination
Max Alt.	Maximum Altitude
Alt. Gain	Altitude Gain
Alt. Loss	Altitude Loss
Str'dRate	Stride Rate
AvStr'dRt	Average Stride Rate
MaStr'dRt	Maximum Stride Rate
AvSt'dl'gth	Average Stride Length
AvgPace	Average Pace
MaxPace	Maximum Pace
L'st1kmP	Last 1 km/mile Pace
PW now	Current Power
Avg PW	Average Power
Max PW	Maximum Power
LapMaxPW	Lap Maximum Power
LLapMaxPW	Last Lap Maximum Power
LapAvgPW	Lap Average Power
LLapAvgPW	Last Lap Average Power
3s PW	3 Seconds Average Power
30s PW	30 Seconds Average Power
MAP Zone	Maximum Aerobic Power Zone
MAP%	Maximum Aerobic Power Percentage
FTP Zone	Functional Threshold Power Zone
FTP%	Functional Threshold Power Percentage

Data Fields	Complete Data Field Name
CPB-LR	Current Left and Right Power Balance
MPB-LR	Maximum Left and Right Power Balance
APB L-R	Average Left and Right Power Balance
CTE-LR	Current Left and Right Torque Effectiveness
MTE-LR	Maximum Left and Right Torque Effectiveness
ATE-LR	Average Left and Right Torque Effectiveness
CPS L-R	Current Left and Right Pedal Smoothness
APS L-R	Average Left and Right Pedal Smoothness
MPS-LR	Maximum Left and Right Pedal Smoothness
IF	Intensity Factor
NP	Normalized Power
SP	Specific Power
TSS	Training Stress Score

NOTE: Some data fields may only apply to certain models.

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